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FITSTOP FORUM

October
 2014



Hi, Everybody! Fall is one of my most favorite times of the year and I hope you are all enjoying the beauty of this season. Fall also means that our first time ever, "FitStop Fit for Fall Boot Camp" is coming up soon! All the FUN, SWEAT AND (tears?) or rather, LAUGHS begin Monday October 6th at 6:30 to 7:30 a.m. and continue through Friday October 31st. (See the flier I emailed on 9/15/14 for details.) Remember that this is a great way to cross train for all fitness levels and get you back on track if you have been slacking over the summer! If you haven't registered yet and would like to take part in this circuit style boot camp, please contact me a.s.a.p! I hope you can join us!



FitStop Members: We are sorry to have to say "Goodbye" to one of our long time FitStop Friends, Jean Fuller who passed away Friday, September 26th. "We love you Jean and we will all miss your sense of humor and wit."

CELEBRATING YOU!

October Birthdays:

- 10/08 Eric C.
- 10/08 Melanie B.
- 10/11 Kate B.
- 10/12 Hannah L.
- 10/14 Kim S.
- 10/15 Chuck T.
- 10/16 Larry F.
- 10/17 Mike B.
- 10/19 Lisa S.
- 10/20 Mindy C.
- 10/22 Tim O.
- 10/24 Kate F.
- 10/26 Mary G.

WELCOME NEW MEMBERS!

We are sending out a great big WELCOME to our newest members Raelynn K., Mike B. and Lleni P. And, welcome back to Shaylin R. We are so happy to have you all here!

REFER-A-FRIEND

Any current member who refers a friend who signs up for a 12-month Basic or Select membership will receive a \$50 Visa gift card for the referral!

5 FOODS FOR A FLATTER STOMACH

If there were foods that you could eat that would give you a flatter stomach, would you eat them? I would! Here they are according to an article in the June edition of ACE Finotives Blog:

1. **Yogurt:** For digestion and protein
2. **Tomatoes:** Water, fiber & potassium
3. **Avocado:** Rich in healthy fats and stops blood sugar spikes.
4. **Quinoa:** Fiber rich, good source of protein and flushes waste from colon.
5. **Eggs:** High in protein, good source of Vitamin D and very satisfying.

SHOP & SUPPORT



Sunday October 26, 2014, 7-10pm
 Lord & Taylor at Destiny USA

- Enjoy a 25% discount on your purchases
- 10% discount on cosmetics
- Complimentary makeovers
- Personal shopping assistance
- Decadent dessert & coffee bar
- Free chair massages
- Live music featuring John Spillet Jazz Duo
- Exciting raffles to benefit Vera House

For more information, please contact Vera House's Special Events office at (315) 425-0818 x248 or visit www.verahouse.org.

5 HABITS THAT WILL INCREASE LONGEVITY:

According to September ACE Health E-tips, our lifestyle habits can help determine whether or not our years are long and happy ones, and unhealthy habits can put a kibosh on the quality of those years. Fortunately, living healthy doesn't have to be a chore. Incorporate these 5 habits into your normal routine and you will better equip yourself for the marathon that is life:

1. **Aspire to Eat Clean.** Eat foods that are closest to their natural state as possible.
2. **Drink More Water.** Water helps your body maintain normal temperature, lubricates and cushions joints, protects the spinal cord and gets rid of waste.
3. **Move More and More Often.** Add constant movement throughout your day. Sitting for long periods is the new smoking and the kiss of death.
4. **Think Positive.** For every minute you are angry, you lose 60 seconds of happiness. Having a positive attitude boosts your immune system and decreases the rate of depression.
5. **Don't forget to Strength Train.** Studies show that after the age of 40, we lose about 8% or more of muscle mass per decade. Not only does muscle keep our bodies functional, mobile and strong, muscle is the key to metabolism in our golden years. So get pumpin'!

GET YOUR VOICE IN SHAPE! In case you haven't noticed, we've been having some fun with our Karaoke machine (apologies to those whose ears we've hurt!). I will be periodically bringing it in so you can practice your favorite songs for our upcoming **Christmas Party on Monday December 8th at Barbagallo's Restaurant.** So be sure to SAVE THE DATE, pick a few songs, grab a few friends, belt it out and don't be shy!

ANY NEWSLETTER IDEAS? Let me know if you have an idea to share with our members or if you would like to promote something that our members may be interested in. **ANY WEBSITE UPDATES?** If you would like to add or update your own personal FitStop fitness testimonial at Kathysfitstop.com, please email your story to me at Kathysfitstop@aol.com.